

St. Ambrose Catholic Church

Fr. Donatello Iocco, Pastor



Mission Statement:

In Christ we are all things, He is everything to us. If you have wounds to heal, He is a physician; if fever scorches you, He is a fountain. Would you punish evil doing, He is justice, If you need help, he is strength; if you fear death, He is life; if you hunger, He is food.

- St. Ambrose

MASS TIMES

Sunday Liturgy
Saturday (Vigil) 4:30 pm
Family Mass with Youth Choir
Sunday 9:00 am Cantor & Organ
11:00 am Choir & Organ

Daily Mass
Monday-Friday 8:00 am (no Mass Tuesdays)

Devotions
Holy Hour Eucharistic Adoration
First Friday 8:30 am - 9:30 am
"Can you not watch an hour with me?" Matthew 26:40
Holy Rosary Monday - Saturday 7:30 am
Divine Mercy Chaplet Monday - Saturday 8:30 am
Devotion to Our Lady of Perpetual Help
Wednesdays 8:45 am

BECOME A FRIENDLY VISITOR!

Under the direction of the pastor, Friendly Visitors serve those in the parish and surrounding community who are in need of social interaction. Must attend a 1 day training session when available.

PARISHIONERS

Please contact the parish office to update address/phone #s or to volunteer in ministries.

Office Hours: Mon, Wed, Thurs, Fri 10 am - 3 pm
Closed Tues, Sat, Sun

New Parishioners

Welcome! To register please call the office or email rose@stambroseparish.com.

SACRAMENTS

Reconciliation

Saturday: 3:45-4:15 pm (or by appointment)

Marriage

Couples wishing to arrange a wedding are required to contact the parish 1 year in advance and must be registered parishioners. The date needs to be confirmed with the pastor. A Marriage Preparation Course is required and can be taken at any parish. Request for Marriage forms are found on the parish website. Please contact the parish office for more information.

Sacrament of Baptism

People seeking Baptism for their children must be registered in the parish for at least three months, and must speak to the Pastor after Mass. Baptism is celebrated every 3rd Sunday of the month. Baptism forms are found on the parish website.

Sacrament of the Sick and Care for the Elderly & Shut-ins

For the Anointing of the Sick please call the parish office to arrange a visit by the Priest. Those confined to their homes by illness, infirmity or age, who would like to receive Communion contact the office.

Religious Instruction

Sacramental Preparation is offered to all registered and active parishioners. Information is provided through bulletin and pulpit announcements.

PARISH MINISTRIES

Extra-Ordinary Ministers of the Eucharist, Lectors, Lay Pastoral Visitors, Friendly Visitors, Greeters, Ushers, St. Ambrose Choir and Youth Choir, Catholic Women's League, Knights of Columbus & Honouring God's Creation Society

WE WELCOME YOU TO JOIN US!



THIRD SUNDAY IN ORDINARY TIME January 24, 2021



<i>Mon Jan 25</i>		<i>Sat Jan 30</i>	
<i>8:00 am</i>	+Tony Ancona (Family)	<i>4:30 pm</i>	For the Parishioners at St. Ambrose
<i>Wed Jan 27</i>		<i>Sun Jan 31</i>	
<i>8:00 am</i>	For The Unborn	<i>9:00 am</i>	+Filippo DeNicola (Family)
<i>Thurs Jan 28</i>		<i>11:00 am</i>	
<i>8:00 am</i>	Pro Populo		+Felicia DeCotiis (Dina Giorgi)
		+Antonio DePalma (Tony Russo & Fam)	
		+Michele Russo (Tony Russo & Fam)	
		+Leon Ralph Piedalue (Family)	
<i>Fri Jan 29</i>			
<i>8:00 am</i>	For the Lonely & Afraid	+Filippo DeNicola (Family)	
		Manuel Linsao & Family	
		Living Intention – (Arturo & Thelma & Fam)	
		Aurora Bringas & Family	
		Living Intention – (Manuel Linsao & Fam)	

Third Sunday in Ordinary Time - January 24, 2021

The call of the disciples is so familiar to us that we tend to miss the wonder of the disciples' response, which was immediate and complete; they leave everything and follow Jesus. Can we do less if we feel that God is calling us to the priesthood, religious life or diaconate? If you think God is calling you to a Church vocation, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto** at 416-968-0997. Email: vocations@archtoronto.org
www.vocationstoronto.ca



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fallen away or deeply engaged, at the parish or on the go, **FORMED** helps you reach your flock anytime, anywhere. To register please enter www.stambroseparish.formed.org or go to our website.



TO ALL PARISHIONERS:

St. Ambrose Parish will be open only for prayer from Monday through Friday from 7:00am - 11:00am and on Sundays from 8:00am – 10:30am. Closed on Tuesdays and Saturdays. Confession by appointment only. Please call the office at 416-251-8282.

Since there is no public mass, Fr. Donatello will be celebrating Sunday Mass Live Stream on YouTube. Subscribe to St. Ambrose Toronto channel. Mass will be celebrated on Sundays at 11:15a.m. For more information and the link to the YouTube channel please visit our website at stambroseparish.com

THIRD SUNDAY IN ORDINARY TIME January 24, 2021



Ideas for a Delicious Plant-Based Meal **Sweet Potato & Brussels Sprouts Gratin**

Ingredients

1 lb brussels sprouts, thinly sliced
1 large sweet potato, thinly sliced (peeling optional)

½ cup unsweetened oat milk
1 cup vegetable broth
1 ½. tbsp dijon mustard
2 tbsp nutritional yeast
1 tsp dark maple syrup
1 tsp sea salt
½ tsp freshly ground black pepper
1 cup panko bread crumbs or homemade bread crumbs
¾ cup finely chopped walnuts or pecans
2 cloves garlic, minced
2 tbsp extra virgin olive oil
1 tsp sea salt

Instructions

Preheat oven to 350°.

Place the sliced brussels sprouts and sweet potato in a baking dish.

In a mixing bowl, combine the oat milk, broth, mustard, nutritional yeast, maple syrup, salt and pepper. Stir well, then pour over the vegetables.

In another bowl, combine the bread crumbs, nuts, garlic, olive oil and salt. Stir well.

Pour the mixture over the veggies then spread evenly.

Bake for 40 minutes, rotating the baking dish halfway through. Serves 4 to 6 people.

How to Go Vegan? The Best resources for Fun and Easy Transition:

<https://www.kinderworld.org/how-to-go-vegan/>



FAITH CORNER – THE LIVES OF THE SAINTS

Saint Dorotheus the Theban – Saint Dorotheus was an exceptionally holy individual who joined a monastery to live and pray amongst the other monks of the Egyptian desert. He remained for several years in the religious community until he had acquired the skills necessary for one to

live a hermitic life. Eventually, he felt the time was right to leave the monastery and live a contemplative, meditative life alone in the desert nine miles from Alexandria, Egypt. By this time, he recognized the value of hard, physical labor and chose to spend a good part of his life carrying stones to build hermitages for other hermits. His income was a meager, only that earned by weaving baskets, and he used this to buy his daily rations of six ounces of bread and a few herbs—his sole nourishment. Even when Dorotheus reached old age, he continued a life of strenuous work. He was dedicated to the welfare of the needy. He prayed for the infirm, and was a deeply religious man who contemplated God. Once when he saw a snake in a well from which he was about to take drinking water, he hesitated only slightly prior to dipping his cup. Then, making the sign of the cross over his cup, he swallowed the contents saying; “In the presence of the cross of Jesus, the devil loses his power.” Saint Dorotheus possessed complete faith in the love of God. He sought to live as a vegetarian so as to share God’s compassionate, gentle mercy with all beings.

Mystics, Ascetics & Monks Dr. Holly Roberts



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